

Illness Management and Recovery

Illness Management and Recovery is a structured approach to helping adults with severe mental illness manage their lives more independently. IMR provides a set of specific techniques to education consumers about their illness and related issues, such as medications and side effects, and to train them to use successful skills and strategies to cope and prevent relapse.

Purpose: IMR embodies the principle of self-determination and is based on the idea that when consumers are in charge of their own lives and provided the means necessary to make informed choices, they will make better decisions than if they are directed by medical personnel to "comply" with a treatment plan. Through illness management, consumers learn to proactively address issues such as symptoms, medications, worries about relapse, or depression, so they are freer to pursue recovery goals such as employment, creative use of medication, reduced symptom severity, and reduced relapse and hospitalization rates.

Benefits of Illness Management and Recovery: IMR is a simple, cost-effective way to give consumers back the control of their illness so they are empowered to pursue their recovery goals.

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